

**JUNE
2018**



**Knickerbocker
Senior Center
Hours: 9-2:30 M-F
Cheryl Shaver
Activities
440-835-1111
activities.cheryl@
gmail.com**



The Knickerticker Newsletter

Hello Lovelies,

I must be short and sweet this month of June. It's been a great time here working with all of you and I can't express how much I have enjoyed and learned from you all.

I don't know who my replacement will be, but I'm sure they will have the same experience. Please be kind to that person – it takes some time to navigate the building, learn names and understand how to put their own stamp on the job.

I will be out quite a few days this month, so please be patient with other staff and volunteers, and leave me a message if you need something specific. The days I am out will be : June 14th, 15th, 18th – 21st, and the 28th. My last day is June 29th, so I will not be currently be scheduling any special events for July. You are more than welcome to put together your own and I would be happy to help coordinate.

If the schedule works for them, my farewell dinner will include a game show, brought to you by the "Mystery Dinner Theater" peeps.

I hope you can all have some fun while you push me out the door!

Drink your water, enjoy the sun and warmth and the beautiful month of June!

Best,
Cheryl



**TUESDAY – THURSDAY
LUNCHES**

Lunches are \$5.50 each. Please circle the lunches you would like to purchase and pay Cheryl in Senior Center at least 2 days prior. Soup is \$2.50. Bring your own mug for soup and save \$.50. You can check day of, to see if there is extra if you decide at the last minute.

- Tuesday, June 5- Sausage Gravy over Biscuit w/Fresh Fruit**
- Thursday, June 7- Grilled Chicken Breast Salad w/Strawberries/Oranges/
Vegetables and Poppyseed Dressing**
- Tuesday June 12- Soft Shell Taco/w Toppings and Refried Beans**
- Thursday, June 14- Sausage/Egg/Cheese Strata w/Fresh Fruit**
- Tuesday, June 19- Wedge Salad w/Ham/Chopped Egg/Crumbled Bleu Cheese/
Vegetables and Dressing**
- Thursday, June 21- Patty Melt on Rye w/Grilled Onions/French Fries**
- Tuesday, June 26- Swedish Meatballs w/Egg Noddles/Gravy/Vegetable**
- Thursday, June 28- Baked Hot Ham & Cheese Sandwich w/Cup of Soup**

Cost for month- \$44.00



JUNE ACTIVITIES:

Erica from RTA Presentation June 1 st @ 3:00 (Social Hall)
Fruits & Veggies June 5th
(Dwyer Center @ 10:30 or Carryanne will bring limited supply to SH @ noon)
Arby's for Lunch June 13 th @ Noon
Attorney Margie Karl talks about the importance of Advance Directives
Living Wills, POA and DNR June 20 th @ 2:00
Pot Luck June 23 rd @ 4:30
Cheryl's Farewell June 27 th @ 5:30
Cheryl's Last Day June 29th

CHECK CALENDAR FOR REGULAR EVENTS:



BANK EVERY TUESDAY AT 9:30AM

COFFEE 9AM EXCEPT THURSDAY

EXERCISE WITH EJ (TUESDAY 10A, THURSDAY 11A)

TAI CHI IS OVER FOR SEASON – AT HUNTINGTON PARK FOR SUMMER

LUNCH (TUESDAY AND THURSDAY) 12PM

NIA EXERCISE ON MONDAY 1PM

DISCUSSION GROUP ON TUESDAY 1PM

BIBLE STUDY ON FRIDAY 3PM (SEE POSTING FOR LOCATION DURING CONSTRUCTION)

BINGO ON WEDNESDAY 7PM

BOOK CLUB JUNE 21ST 4PM

BIRTHDAYS JUNE 21ST AT 4PM

ROSARY JUNE 14TH & 28TH THURSDAY AT 2PM

POST OFFICE ON WHEELS JUNE 25 3:30 TO 3:50



WANT ADS FOR JUNE

Please submit your ad to Cheryl by the 3rd Monday of the month.

*Puzzles by Roberta

Come down to the craft room and check out a variety of jigsaw puzzles being worked on and for sale for the great price of \$10 which will go to our Senior Center. You will receive a new puzzle, completed and sealed for hanging. The \$10 needs to be paid to Roberta before sealing. Contact Cheryl in the Senior Center if you are interested.

*Do you need help with light housekeeping duties, laundry, errands, organizing or picking up Rx., etc. If so call Gina Gilliam at 440-453-2533. Reasonable rates.

Waldo Contest

Waldo has gone on vacation for a while.

MARY PALONEY WAS THE WINNER FOR MAY

PLEASE NOTE!! PLEASE DO NOT POST ANY NOTICES IN THE ELEVATOR. IF YOU HAVE A NOTICE PLEASE POST IT ON THE APPROPRIATE BULLETIN BOARD. PLEASE TRY TO KEEP OUR NEW ELEVATOR LOOKING CLEAN!

ARBY'S LUNCH DAY

On June 13th we will be ordering and delivering Arby's for lunch to Social Hall. You must order and pay by June 12th at noon – please pay Cheryl. These are your options and there will be no add-ons or special orders to avoid confusion. This is available via volunteers 😊

Classic Roast Beef Sandwich: \$2.29
2 Classics for \$4

Classic French Dip & Swiss
2 for \$6

Classic Beef & Cheddar
2 for \$5

Grand Turkey Club
\$2.99



News and Services

MEALS ON WHEELS: Carryanne facilitates this service of daily meals delivered to your door. Cost is \$6.00 per meal. See Carryanne to sign up. There are also catered lunches in Social Hall every Tuesday and Thursday at 5.50 per meal. See Cheryl in Senior Center between 9a-2:30p Mon-Fri.

Religious Services: All are welcome to any of the services, no matter what your denomination.

Bay Presbyterian live stream service every Sunday at 11am in Social Hall.

**Rosary (2nd and 4th Thursdays) : June 14th & 28th in SH.
Bible Study: Fridays at 3pm (watch for info on location)**

ELIZA JENNINGS is

LOCATED ON THE 2nd floor and is available for all of your lab needs. Visit the clinic directly or call Roberta **440.235.8592**



Roberta will be running the exercise again on Tuesdays (10a) and Thursdays (11a). If she

DONNA IS IN THE BUILDING
every Wednesday for haircuts. Call for appointment.



440.463.2091



FRIDAY DOLLAR DAYS

**JUNE 1 CANARY'S IN NORTH
OLMSTED**

**JUNE 9 CRACKER BARREL IN
SHEFFIELD**

JUNE 16 ATHENA IN AVON LAKE

**JUNE 23 JAKES ON THE LAKE IN AVON
LAKE**

JUNE 30 FOOD MINISTRY

All pick up times are 10:30 AM. Please call Maureen @ 899-3410 to reserve your spot. Don't forget we need 8 people to sign up or trip may be cancelled. These trips are not being cancelled or rescheduled unless attendance falls off.





June Birthdays

Come and celebrate this month's birthdays on Thursday June 21 at 4 PM in the Social Hall.

Cake by Carol and sing along with Frank and Sheila.

June 2	Sherry Thompson	Apt 220
June 2	Frederick Steele	Apt 820
June 5	Lakota Snow	Apt 808
June 7	Ruth Barrett & her soul sister Cheryl	Apt 716
June 10	Sheila Davis	Apt 803
June 10	Bruce Petty	Apt 521
June 17	William Merryman	Apt 415
June 18	Jill Allen	Apt 219
June 30	Phyllis Breeds	Apt 310





We will be having another pot luck dinner on June 23 at 4:30PM. Please sign up in the lobby so we know what you are contributing. Everyone is required to either bring a dish to share, or pop, paper plates, or plastic utensils. Your dish to share can be something bought at the deli, pizza, chips, etc. If you cannot get out to get something a donation of \$5 will purchase your dinner. The money will be used to procure paper plates, cups, etc. **Please mark your Dish so people know what it is in case of allergies.



(WATER & YOUR HEART) – courtesy of Nancy Boyer

- Try to get more water for the betterment of your heart. Follow the following suggestions:
- 2 glasses of water after waking
- 1 glass of water 30 minutes before a meal aids digestion
- 1 glass of water before taking a bath/shower lowers your BP
- 1 glass of water before bed helps avoid stroke or heart attack
- Also check with your doctor about taking a low dose aspirin before bed

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Cheryl's Farewell Dinner & Games

This will be my 'farewell ye all' dinner/bbq. It is a work in progress and will include a 'game show' (if schedule aligns with mystery dinner folks) w/ burger and dogs on the grill, baked beans, macaroni salad and dessert. No volunteers this night, as my friends are coming to help.

There will be no formal entertainment, but music played and a roast of sorts! This is not meant to be mean-spirited, but if you have a funny experience or story to tell about me this is your opportunity. Otherwise, it's a way for us to get together and for me to show my appreciation to you all with a heartfelt good-bye.

Jim (Cupcake) will be our grill master. There will not be a charge, but a donation is appreciated. Please sign up in lobby so I can buy appropriately!

